

BIBLIOGRAPHY

CHAPTER 9

BIBLIOGRAPHY

1. **AACC 1976.** Approved Laboratory Methods. American Association of Cereal Chemists, St Paul Minnesota, USA
2. **Abrams S, Griffin SA, Hawthorne IJ et al 2005.** A combination of prebiotic short- and long-chain inulin-type fructans enhances calcium absorption and bone mineralization in young adolescents. Am J Clin Nutr. 82:471-476
3. **Adam J, Barret A, Barret-Bellet CL 2001.** Lactobacillus rhamnosus endocarditis complicating colonoscopy. J Infect 42(1):283–285
4. **Adams C, Burke V, Beilin LJ 2002.** Accuracy of blood pressure measurement and anthropometry among volunteer observers in a large community survey. Journal of Clin Epidemiol 55:338-344
5. **Agerbaek M, Gerdes LU, Richelsen B 1995.** Hypocholesterolaemic effect of a new fermented milk product in healthy middle-aged men. Eur J Clin Nutr 49: 346-352
6. **Agerholm Larsen L, Raben A, Haulink N, Hansen AS, Manders M Astrup 2000.** Effect of 8 week intake of probiotic milk products on risk factors for cardiovascular diseases. Eur J Clin Nutr 54:288-289
7. **Allender PS, Cutler JA, Follmann D, Cappuccio FP, Pryer J, Elliott P 1996.** Dietary Calcium and Blood Pressure: A Meta-Analysis of Randomized Clinical Trials. Ann Intern Med 124: 825-831
8. **Anand 1985.** *Lactobacillus bacteremia* and endocarditis: review of 45 cases. Clin Infect Dis 25:1048–55
9. **Anderson JW, Gilliland 1999.** Effect of fermented milk (yogurt) containing Lactobacillus acidophilus L1 on serum cholesterol in hypercholesterolemic humans. J Am Coll Nutr 18: 43-50

10. **Andersson H, Bosaeus I, Ellegard L, Grahn E, Tidehag P, Hallmans G 1995.** Effects of low-fat milk and fermented low-fat milk on cholesterol absorption and excretion in ileostomy subjects. Eur J Clin Nutr 49:274-81
11. **Apajalahti JH, Kettunen A, Bedford MR, Holben WE 2001.** Percent G+C profiling accurately reveals diet-related differences in the gastrointestinal microbial community of broiler chickens. Appl Environ Microbiol 67:5656-5667
12. **Arunachalam K, Gill HS, Chadra RK 2000.** Enhancement of natural immune function by dietary consumption of *Bifidobacterium lactis* (HNO19). Eur J Clin Nutr 54:1-5
13. **Asami T, Ohyama T, Minamimisawa K, Tsukihashi T 1989.** New tuber yacon containing large amounts of fructooligosaccharides. Good Feed Chem. M(9): 1033-6
14. **Asami T, Ohyama T, Minamisawa K, Tsukihashi T 1989.** New tuber Yacon containing large amounts of fructooligosaccharides. Nogyo Oyobi Engei 64 (9):1033-1035
15. **Asano T, Yuasa K, Kunugita K, Teraji T, Mitsuoka T 1994.** Effects of gluconic acid on human fecal flora. Bifdus 8:29-35
16. **Baba S, Ohta A, Ohtsuk J, Takizawa T, Adachi T Hera H 1996.** Fructooligosaccharides stimulate the absorption of magnesium from the hindgut in rats. Nutr Res 16:657-666
17. **Balcazar J 2007.** Probiotics in health maintenance: do they really work? British Journal of Infection Control 8(3):87-93
18. **Barlett JA, Payne RW, Yarrow D 1990.** Yeasts:characteristics and identification. Cambridge Univ. Press, Cambridge UK
19. **Bartosch S, Woodmansey EJ, Paterson JC, McMurdo MA, Macfarlane GT 2005.** Microbiological effects of consuming a synbiotic containing *Bifidobacterium bifidum*, *Bifidobacterium lactis*, and oligofructose in elderly

- persons, determined by real-time polymerase chain reaction and counting of viable bacteria. Clin Infect Dis 40:28-37
20. **Bartram HP, Scheppach W, Gerlach S, Ruckdeschel G, Kelber E, Kasper H 1994.** Does yogurt enriched with *Bifidobacterium longum* affect colonic microbiology and fecal metabolites in healthy subjects? Am J Clin Nutr 59 (2):428-432
21. **Bekers M, Grube M, Upite D, Kaminska E, Linde R, Scherbaka R, Danilevich A 2007.** Carbohydrates in Jerusalem artichoke powder Suspension. Nutrition and Food Science 37(1):42-49
22. **Bengmark S 1996.** Econutrition and health maintenance: A new concept to prevent GI inflammation, ulceration and sepsis. Clin Nutr 15:1-10
23. **Bengmark S 1998.** Ecological control of the gastrointestinal tract. The role of probiotic flora. Gut 42(1):2-7
24. **Benkouider C 2005.** "The world's emerging markets." Functional foods & nutraceuticals 44:8-11
25. **Bennion BE 1939.** Bread Making, its principles and practices. 2nd ed, Oxford University Press, Amen House, London
26. **Berg RD 1996.** The indigenous gastrointestinal microflora. Trends Microbiol. 4:430-5
27. **Bernard Q, Jean-François T, Paul C 1997.** Integration of inulin determination in the AOAC method for measurement of total dietary fibre. International Journal of Biological Macromolecules. 21(1-2):175-178
28. **Bertolami MC, Faludi AA, Batlouni M 1999.** Evaluation of the effects of a new fermented milk product (Gaio) on primary hypercholesterolemia. Eur J Clin Nutr 53:97-101
29. **Beylot M 2005.** Effects of inulin-type fructans on lipid metabolism in man and in animal model. Br J Nutr 93 Suppl (1):S163-S168

30. **Bezkorovainy A 2001.** Probiotics: determinants of survival and growth in the gut. Am J Clin Nutr 73:S399-S405
31. **Bianchi S, Vesely BR, Ferrari A, Canzi E, Casiraghi C, Brighenti F 2001.** Behaviour of the pharmaceutical probiotic preparation VSL#3 in human ileostomy effluent containing its own natural elements. New Microbiol 24:23-33
32. **Blaut M, Collins MD, Welling GW, Dore J, Van Loo J, De Vos W 2002.** Molecular biological methods for studying the gut micro biota: The EU human gut flora project. Bri J of Nutri 87 Supp (2):S203-S211
33. **Blaut M, Collins MD, Welling GW, Doré J, Van Loo J, de Vos W 2002.** Molecular biological methods for studying the gut microbiota: the EU human gut flora project. Br J Nutr 87:S203–S211
34. **Bodana AR, Rao DR 1990.** Antimutagenic activity of milk fermented by *Streptococcus thermophilus* and *Lactobacillus bulgaricus*. J Dairy Sci 73:3379-3384
35. **Bornet F, Achour L, Bourne Y, Mottos M, Vahedi K, Salfati J, Pochart P, Flourie B, Rambaud JC 1997 a.** Four weeks ingestion of short-chain fructooligosaccharides increase fecal *bifidobacteria* and cholesterol's excretion in healthy elderly volunteers. Proc. International Sam Non-digestible Oligosaccharides: Healthy Food for the colon, Wageningen, The Netherlands.
36. **Bornet F, Bourne Y, Vahedi K, Achour L, Salfati J, Martens P, Flourie B, Rambaud J C 1997 b.** Short-chain fructooligosaccharides Administration increases faecal *bifidobacteria* in healthy humans with a dose-response relation. Proc. International Symposium Non-digestible Oligosaccharides: Healthy Food or the Colon, Wageningen, The Netherlands Sept.2-3.
37. **Borriello SP 1990.** The influence of the normal flora on *Clostridium difficile* colonization of the gut. Annals of Medicine 22:61-67
38. **Botham RL, Ryden P, Robertson JA, Ring SG 1998.** Structural features of polysaccharides and their influence on fermentation behaviour Proc. Procure

- Conference Functional Properties on Non-digestible Carbohydrates, Gallon et al. Lisbon, Portugal
39. **Bouhnik Y 1994.** Effects of prolonged ingestion of fructooligosaccharides (FOS) on colonic *bifidobacteria*, fecal enzymes and bile-acids in human. Gastroenterol 106:A598
40. **Bouhnik Y, Flourié B, Andrieux C, Bisetti N, Briet F, Rambaud JC 1996.** Effects of *Bifidobacterium* sp fermented milk ingested with or without inulin on colonic *bifidobacteria* and enzymatic activities in healthy humans. J Clin Nutr 50:269- 273
41. **Bouhnik Y, Pochart P, Marteau P, Arlet G, Goderel L, Rambaud JC 1992.** Fecal recovery in humans of viable *Bifidobacterium* sp ingested in fermented milk Gastroenterology 102 (3):875-878
42. **Bouhnik Y, Vahedi K, Achour LA, Salfati J, Pochart P, Marteau P, Flourié B, Bronet F, Rambaud JC 1999.** Short-chain fructooligosaccharide administration dose-dependently increases fecal *bifidobacteria* in healthy humans. J Nutr 129:113-116
43. **Brennam CS, Kuri V, Tudorica CM 2004.** Inulin-enriched pasta:effects on textural properties and starch degradation. Food Chemistry 86: 189-193
44. **Brighenti F, Casiraghi MC, Canzi E, Ferrari A 1999.** Effect of consumption of a ready-to-eat breakfast cereal containing inulin on the intestinal milieu and blood lipids in healthy male volunteers. Eur J Clin Nutr 53:726-33
45. **Brown CD, Higgins M, Donato KA, Rohde FC, Garrison R, Obarzanek E, Emst ND, Horan M 2002.** Body mass index and the prevalence of hypertension and dyslipidemia. Obes Res 8:605-19
46. **Buchmann RE, Gibbons NE 1974.** Bergeys Manual of Determinative Bacteriology. 8th ed. The Williams and Wilkins Col: Baltimore

47. **Buddington RK, Williams CH, Chen SC, Witherly SA 1996.** Dietary supplement of Neosugar alters the fecal flora and decreases activities of some reductive enzymes in human subjects. Am J Clin Nutr 63:709-716
 48. **Bunout D, Hirsch S, Pia de la Maza M et al 2002.** Effects of prebiotics on the immune response to vaccination in the elderly. Journal of Parenteral and Enteral Nutrition 26:372-376
 49. **Campbell JM, Fahey GC, Wolf BW 1997.** Selected indigestible oligosaccharides affect large bowel mass, cecal and fecal short-chain fatty acids, pH and microflora in rats. J Nutr 127:130-136
 50. **Cani PD et al 2007 a.** Metabolic endotoxemia initiates obesity and insulin resistance. Diabetes 56:1761-1772
 51. **Cani PD et al 2007 b.** Selective increase of *bifidobacteria* in gut microflora improve high fat diet induced diabetes in mice through a mechanism associated with endotoxaemia. Diabetologia 50:2374-2380
 52. **Cani PD, Daubioul CA, Reusens B, Remacle C, Catillon G, Delzenne NM 2005.** Involvement of endogenous glucagon-like peptide-1(7-36) amide on glycaemia-lowering effect of oligofructose in streptozotocin-treated rats. J Endocrinol. 185: 457-465
 53. **Cani PD, Dewever C, Delzenne NM 2004.** Inulin-type fructans modulate gastrointestinal peptides involved in appetite regulation (glucagon-like peptide-1 and ghrelin) in rats. Brit J Nutr 92:521-526
 54. **Cani PD, Dewever D and Delzenne NM 2004.** Inulin type fructans modulate gastrointestinal peptides involved in appetite regulation (glucagon-like peptide and gherlin) in rats. Br J Nutr 92:521-526
 55. **Cani PD, Hoste S, Guiot Y and Delzenne NM 2007 c.** Dietary non digestible carbohydrates promotes L-cell differentiation in the proximal colon of rats. Br J Nutr 98:32-37
 56. **Cani PD, Joly E, Horsmans Y, Delzenne NM 2005.** Oligofructose promotes satiety in healthy human: a pilot study. Eur J Clin Nutr 60:567-572
-

57. **Cani PD, Knauf D , Iglesias MA, Drucker DJ, Delzenne NM and Burcelin R 2006.** Improvement of glucose tolerance and hepatic insulin sensitivity by oligofructose requires functional glucagon -like peptide 1 receptor. *Diabetes* 55:1484-1490
58. **Cani PD, Neyrinck AM, Maton N, Delzenne NM 2005.** Oligofructose promotes satiety in rats fed a high-fat diet: involvement of glucagon-like peptide-1. *Obes Res* 13:1000-1007
59. **Canzi E, Brighenti F, Casiraghi MC, Del Puppo E, Ferari A 1995.** Prolonged consumption of inulin in ready-to-eat breakfast cereals: Effects on intestinal ecosystem, bowel habits and lipid metabolism. In COST 92, Workshop. Dietary Fibre and Fermentation in the Colon, Helsinki, pp 280-284. Luxembourg: Office for Official Publications of the European Communities.
60. **Canzi E, Brighenti FB, Casiraghi MC, Del Pupa E, and Ferry A 1995.** Prolonged consumption of inulin in ready-to-eat breakfast cereal: effect on intestinal ecosystem, bowel habits and lipid metabolism. In COST 92, Workshop. Dietary Fiber and Fermentation in the Colon, Helsinki, Luxembourg: Office for Official Publications of the European Communities. pp. 280-284
61. **Canzi E, Brighenti FB, Casiraghi MC, Ferry A 1999.** Effect of consumption of a ready-to-eat breakfast cereal containing inulin on the intestinal milieu and blood lipids in healthy male volunteers. *Cur J Clin Nut* 53(9):726-733
62. **Carpita NC, Kanabus J, Housley TL 1989.** Linkage structure of fructans and fructan oligomers from Triticum aestivum and Festuca arundinacea leaves. *J Plant Physiol* 134:162-168
63. **Causey JL, Feirtag JM, Gallaher DD, Tungland BC and Slavin JL 2000.** Effects of dietary inulin on serum lipids, blood glucose and the gastrointestinal environment in hypercholesterolemic men. *Nutr Res* 20: 191-201

64. **Causey JL, Feirtag JM, Tungland BC, Slavin JL 2000 b.** Administration of chicory inulin decreases fecal B-glucuronidase activity and increases Lactobacillus species in humans: implications for gastrointestinal health. *Digestive Diseases and Sciences* (submitted)
65. **Causey JL, Slain JL, Tangled BC, Meyer PD 1998.** Stimulation of human immune system by inulin in vitro. Proc. of Danone Conf. On Probiotics and Immunity. Bonn, Germany, Oct 29
66. **Causey JL, Xin-chua Y, Tungland BC, Feirtag JM, Gallaher DG, Slavin JL 2000 a.** Effect of dietary inulin on serum lipids, blood glucose and the gasatointestinal environment in hypercholesterolemic men. *Nutr Res* 20(2):191-201
67. **Chadwick RW, George S, Claxton LD 1992.** Role of the gastrointestinal mucosa and microflora in the bioactivation of dietary and environmental mutagen carcinogens *Drug Metab Rev* 24:425-92
68. **Chaitow L, Trenev N 1990.** Probiotics. Thorsons Publishing Group, Northamptonshire England, ISBN 0-7225-1919-2
69. **Chattarjee 1976.** Human Physiology. Medical Allied Agency, Calcutta 1:105-106
70. **Chen H, Rubinthaier GL, Schanus EG 1988.** Effect of apple fibre and cellulose on the physical properties of wheat flour
71. **Chen H, Tubenthaler GK , Leung HK, Baranowski JD 1998.** Chemical , physical and banking properties of apple fiber compared with oat and wheat bran. *Cereal Chem* 65:244-250
72. **Chen J, Dickeinson E 1998.** Viscoelastic properties of protein stabilized emulsions: the effect of protein surfactant interactions. *J Agri Food Chem* 46:91-97
73. **Chen J, Ping Zahang Y, Guang Xia Xiao 1999.** Annals of Burns and Fire Disasters XII n-1

74. **Chen WJ, Anderson JW, Jenning DJ** 1984. Propionate may mediate the hypocholesterolemic effects of certain soluble plant fibers in cholesterol-fed rats. *Proc Soc Exp Biol Med* 175:215-18
 75. **Collins MD, Gibson GR** 1999. Probiotics, prebiotics, and synbiotics: approaches for modulating the microbial ecology of the gut. *Am J Clin Nutr* 69:1052S-7S
 76. **Coudray C, Tressol JC, Gueux E, Rayssiguier Y** 2003. Effects of inulin-type fructans of different chain length and type of branching on intestinal absorption and balance of calcium and magnesium in rats. *Eur J Nutr* 42:91-98
 77. **Cummings JH, Bingham SA, Heaton KW, Est wood MA** 1992. Fecal weight, colon cancer risk and dietary intake of non-starch polysaccharides (dietary fiber). *Gastroenterology* 103:1783-9
 78. **Cummings JH, Macfarlane GT** 1997. Role of intestinal bacteria in nutrient metabolism. *Clin Nutr* 16(1):3-11
 79. **Daubioul CA, Horsmans Y, Lambert P, Danse E, Delzenne NM** 2005. Effects of oligofructose on glucose and lipid metabolism in patients with no alcoholic steatohepatitis: result of a pilot study. *Eur J Clin Nutr* 59:723-726
 80. **Daubioul CA, Rousseau R, Demeure B, Gallez H, Taper B, Declerck, Delzenne NM** 2002. Dietary fructans, but not cellulose, decrease triglyceride accumulation in the liver of obese Zuker fa/fa rats. *J Nutr* 132:967-973
 81. **Davidson MH, Maki KC** 1999. Effects of dietary inulin on serum lipids. *J Nutr* 129:1474S-1477S
 82. **Davidson MH, Maki KC, Synecki C, Torri SA, Drennan KB** 1998. Effects of dietary inulin on serum lipids in men and women with hypercholesterolemia. *Nutr Res* 18:503-517
 83. **De Roos NM, Schouten G, Katan MB** 1999. Yoghurt enriched with Lactobacillus acidophilus does not lower blood lipids in healthy men and women with normal to borderline high serum cholesterol levels. *Eur J Clin Nutr* 53:277-80
-

84. **Delmee E, Cani PD, Gaul G, Knauf C, Burcelin R, Maton N, Delzenne NM 2006.** Relation between colonic proglucagon expression and metabolic response to oligofructose in high fat diet fed mice. *Life Sci* 79:1007-1013
85. **Delzenne NM, Kok N 2001.** Effects of fructans on lipid metabolism. *Am J Clin Nutr* 73:S456-S458
86. **Delzenne NM, Aertssens J, Verplaetse H, Roccaro, Robefroid M 1995.** Effect of fermentable fructooligosaccharides on mineral, nitrogen and energy digestive balance in the rat. *Lab Sci* 57:1579-1587
87. **Delzenne NM, Cani PD, Neyrinck AM 2007.** Modulation of Glucagon-Like Peptide 1 and Energy Metabolism by Inulin and Oligofructose: Experimental Data. *J Nutr* 137: S2547-S2551
88. **Delzenne NM, Kok N 1999.** Biochemical basis of oligofructose-induced hypolipidemia in animal models. *J Nutr* 129:14675-14705
89. **Delzenne NM, Kok N 1999.** Biochemical basis of oligofructose-induced hypolipidemia in animal models. *J Nutr* 129:14675-14705
90. **Delzenne NM, Kok N 2001.** Effects of fructans type prebiotics on lipid metabolism. *Am J Clin Nutr* 73:S456-S458
91. **Delzenne NM, Roberfroid MB 1994.** Physiological effects of nondigestible oligosaccharides. *Lebensm-Wiss Technol* 27:1-6
92. **Delzenne NM, Williams CM 2002.** Prebiotics and lipid metabolism. *Curr Opin Lipidol* 13:61-67
93. **Demigne C, Morale C, Levrat AM, Lessons C, Moundras C, Remesy C 1995.** Effects of propionate on fatty acid and cholesterol synthesis and on acetate metabolism in isolated rat hepatocytes. *Br J Nutr* 74:209-219
94. **Demigne C, Morand C, Levrat MA, Besson C, Moundras C, Remesy C 1995.** Effect of propionate on fatty acid synthesis and on acid metabolism in isolated rat hepatocytes. *Br J Nutr* 74:209-219

95. **Destro S, Crepaldi MG 2003.** Epidemiology of gastrointestinal disorders in the elderly. In Aging and the Gastrointestinal Tract A. Pilotto, P. Malfertheiner and P.Holt, (Eds.) Karger Press, Basel, pp 3-18
96. **Devereux HM, Jones GP, McCormack L, Hunter WC 2003.** Consumer acceptability of low fat foods containing inulin and oligofructose. *J Food Science* 68: 1850-1854
97. **Diplock AT, Aggett PJ, Ashwell M, Bornet F, Fern EB, Roberfroid MB 1999.** Scientific concepts of functional foods in Europe: consensus document. *Br J Nutr* 81 Suppl (1):S1-S27
98. **Drasar BS, Hill MJ 1974.** Human Intestinal Flora. New York: Academic Press, 54-167
99. **Drasar BS, Roberts AK 1989.** Control of the large bowel microflora. *Human Microbial Ecology*. Boca Raton FL: CRC Press 87-106
100. **Drewnowski A, Popkin BM 1997.** The nutrition transition: new trends in the global diet. *Nutr Rev* 55:31-43
101. **Dyssler et al 1999.** Inulin and oligofructose determination, in complex carbohydrates in foods: definition, functionality and analysis (Eds.) Marcel Dekker Co. CRC Press. pp 216-219
102. **Ellegard LH, Andersson H, Bosaeus I 1997.** Inulin and oligofructose do not influence the absorption of cholesterol, or the excretion of cholesterol, Ca MS Zn, Fe, or bile acids but increase energy excretion in ileostomy subjects. *Curr J Clin Nutr* 51:1-5
103. **Elmer, G.W, Surawicz M, McFarland LV 1996.** Biotherapeutic Agents: Review, a neglected modality of the treatment and prevention of selected intestinal and vaginal infections. *J Am Med Assoc* 275(11):870-876
104. **Espinosa M, Rico E 2006.** Low Molecular Weight Carbohydrates in Foods Usually Consumed in Spain. *Food Science and Technology International* 12 (2):171-175

105. **FAO 1998.** Carbohydrates in human nutrition. FAO Food and Nutrition Papers- 66
106. **FAO 2003.** A report on: "The State of Food Insecurity in the World 2003"
107. **FAO/WHO 2001.** Expert Consultation report, on Evaluation of Health and Nutritional Properties of Probiotics in Food including Powder Milk with Live Lactic Acid Bacteria. Argentina 1-34
108. **FAO/WHO 2002.** Guidelines for the evaluation of probiotics in food. Report of a joint FAO/WHO working group on drafting guidelines for the evaluation of probiotics in food. London ON, Canada.
109. **Fava F, Lovegrove JA, Gitau R, Jackson KG, Tuohy KM 2006.** The gut micro biota and lipid metabolism: implications for human health and coronary heart disease. Curr Med Chem 13:3005-3021
110. **Fedorak RN, Madsen KL 2004.** Probiotics and Prebiotics in gastrointestinal disorders Corr opin Gastroenterol Mar 20(2):146-55
111. **Femandes ML, Berry JW 1989.** Rheological properties of flour and sensory characteristics of bread form germinated chick pea. Internat J Food Sci Technol 24:103-107
112. **Ferrier KE, Muhlmann MH, Baguet JP, Cameron JD, Jennings GL, Dart AM, Kingwell BA 2002.** Intensive Cholesterol Reduction Lowers Blood Pressure and Large Artery Stiffness in Isolated Systolic Hypertension. J Am Coll Cardiol 39:1020-1025
113. **Finney DF, Morris VH , Yamazaki WT 1950.** Macro vs micro cookie baking procedures for evaluating the cookie quality of wheat varieties. Cereal Chem 27:42-46
114. **Fiordaliso M, Kok N, Desager JP, Goethals F, Deboyser D, Roberfroid M, Delzenne N 1995.** Dietary oligofructose lowers triglycerides, phospholipids and cholesterol in serum and very low density lipoproteins of rats. Lipids 30:163-167

115. **Fiordaliso MF, Kok N, Desager, JP, Goethals F, Deboyser, D, Roberfroid M, Delzenne N 1995.** Dietary oligofructose lowers triglycerides, phospholipids and cholesterol in serum and very low density lipoprotein of rats. *Lipids* 30:163-167
 116. **Forcheron F, Beylot M 2007.** Long term administration of inulin type fructans has no significant lipid lowering effect in normolipidemic humans. *Metabolism* 56:19093-1098
 117. **Franck A 2002.** Technological functionality of inulin and oligofructose. *Br J Nutr* 87 Suppl (2):287-91
 118. **Franck A, Coussement P 1997.** Multi-functional inulin. *Food Ingredients and Analysis International* October 8-10
 119. **Fuller R 1989.** A review: Probiotics in man and animals. *Journal of Applied Bacteriology* 66:365-378
 120. **Gallaher DD, Gallaher CM, Mahrt GJ, Carr TP, Hollingshead CH, Hesslink RJ , Wise JA 2002.** Glucomannan and Chitosan Fiber Supplement Decreases Plasma Cholesterol and Increases Cholesterol Excretion in Overweight Normocholesterolemic Humans. *J Am Coll Nutr* 21:428-433
 121. **Gallaher DD, Stallings WH, Blessing LL, Bush FF, Brady LJ 1996.** Probiotics, cecal microflora and aberrant crypts in the rat colon. *J Nut* 126:1362-1371
 122. **Gangarosa RE, Glass RI, Lew JF, Boring JR 1992.** Hospitalizations involving gastroenteritis in the United States 1985: the special burden of the disease in the elderly. *American journal of Epidemiology* 135:281-90
 123. **Gardner KR, Erwin PJ, Anderson NH, Bam JG, Hillier ML, Rowland BJ 1993.** Colonic bacteria and bacterial translocation in experimental colitis. *Br J Surg* 80:512-16
 124. **Gerhard Reuter 2001.** The Lactobacillus and *Bifidobacterium* Microflora of the Human Intestine: Composition and Succession. *Current Issues in Intestinal Microbiology* 2(2):43-53
-

125. **Giacco R, Clemente G, Luongo D, Lasorella G, Fiume I, Brouns F, Bornet F, Patti L, Cipriano P, Rivelles AA, Riccardi G 2004.** Effects of short chain fructooligosaccharides on glucose and lipid metabolism in mild hypercholesterolaemic individuals. *Clin Nutr* 23:331-340
126. **Gibson GR 1995.** Dietary modulation of the human colonic microbiota: introducing the concept of prebiotics. *J Nutr* 25:1401–1412
127. **Gibson GR, Bead ER, Wang X, Cummings JH 1995.** Selective stimulation of *Bifidobacteria* in the human colon by oligofructose and inulin. *Gastroenterology* 108:975-982
128. **Gibson GR, MacFarlane GT 1994.** Intestinal bacteria and disease. In Gibson, S.A.W., ed. *Human Health: The Contribution of Microorganisms*. London, UK: Springer-Verlag 53- 62
129. **Gibson GR, Probert HM, Van Loo J, Rastall RA, Roberfroid MB 2004.** Dietary modulation of the human comonic microbiota: updating the concept of prebiotics. *Nutr Res Rev* 17:259Y275
130. **Gibson GR, Probert HM, Van Loo J, Rastall RA, Roberfroid MB 2004.** Dietary modulation of the human comonic microbiota: updating the concept of prebiotics. *Nutr Res Rev* 17:259-275
131. **Gibson GR, Roberfroid MB 1995.** Dietary modulation of the human colonic microbiota: introducing the concept of prebiotics. *J Nutr* 125:1401–12
132. **Gibson GR, Roberfroid MR 1995.** Dietary modulation of the human colonic microbial: introducing the concept of prebiotics. *J Nutr* 125(6):1401-1412
133. **Gibson GR, Wang X 1994 a.** Enrichment of *bifidobacteria* from human gut contents by oligofructose using continuous culture. *FEMS Microbiol Lett* 118:121–7
134. **Gibson GR, Wang X 1994 b.** Enrichment of *bifidobacteria* from human gut contents by oligofructose using continuous culture. *FEMS Microbiology Letters* 118:121-128

135. **Gibson GR, Wang X 1994 b.** Regulatory effects of *bifidobacteria* on the growth of other colonic bacteria. *J Appl Bacteriol* 77:412–20
136. **Gibson GR, Wang X 1994a.** Bifidogenic properties of different types of fructooligosaccharides. *Food Microbiol* 11:491-498
137. **Gibson GR, Wang X 1994c.** Inhibitory effects of *bifidobacteria* on other colonic bacteria. *J Appl Bacteria* 77:412-420
138. **Gill HS, Rutherford KJ, Cross ML et al 2001.** Enhancement of immunity in the elderly by dietary supplementation with the probiotic *Bifidobacterium lactis* HNO19. *Am J Clin Nutr* 74:833-9.
139. **Gill HS, Rutherford KJ, Cross MS 2001.** Dietary Probiotic Supplementation Enhances Natural Killer Cell Activity in the Elderly: An Investigation of Age-Related Immunological Changes. *Journal of Clinical Immunology* 21(4):264-267
140. **Glenn R, Gibson Nathalie, Delzenne 2008.** Nutrient Update Inulin and Oligofructose: New Scientific Developments. *Nutrition Today* 43(2):54-59
141. **Goldin BR, Gorbach SL 1980.** Effect of *Lactobacillus acidophilus* dietary supplements on 1,2 dimethylhydrazine dihydrochloride-induced intestinal cancer in rats. *J Natl Cancer Inst* 64:263-265
142. **Gopalan C, Sastri BV, Balasubramanian SC 2004.** Nutritive value of Indian foods, National Institute of Nutrition, ICMR.
143. **Gopalan C, Shastri DVR, Balasubramanian SC 2004.** Nutritive value of Indian Foods revised edition NIN, Hyderabad
144. **Grahn E 1994.** Sodium butyrate induces apoptosis in human colonic cell lines in p53-independent pathway: Implications for possible role of dietary fiber in the prevention of large bowel cancer. *Int J Cancer* 55:498-505
145. **Greger JL 1999.** Nondigestible carbohydrates and mineral bioavailability. *J Nutr* 129:14345-14355

146. **Guigoz Y, Rochat F, Perruisseau-Carrier G et al 2002.** Effects of oligosaccharide on the faecal flora and non-specific immune system in elderly people. *Nutr Res* 22:13–25
 147. **Hardias Rao P, Hema Malini Raa 1991.** Effect of incorporating wheat bran on rheological characteristics and bread making quality of flour, *J Food Sci Technol* 28:92-97
 148. **Harish K, Varghese T 2006.** Probiotics in humans – evidence based review. *Calicut Medical Journal* 4(4):3
 149. **Harmsen HJ, Raangs GC, Franks A, Wildeboer Veloo AC, Welling GW 2002.** The effect of the prebiotic inulin and the probiotic *Bifidobacterium longum* on the fecal microflora of healthy volunteers measured by FISH and DGGE. *Microbial Ecol Health Dis* 14:219
 150. **Hartemink R, Nout MJR, Rombouts FM 1994.** Effects of fructooligosaccharides on the human intestinal flora. *Proc. Fourth Seminar on inulin, Wageningen. The Netherlands* 79-89
 151. **Hartemink R, Van Laere KMJ, Rombouts FM 1997.** Growth of enterobacteria on fructooligosaccharides. *J Appl Micr* 83:367-374
 152. **Hata Y, Yamamoto M, Ohni M, Nakajima K, Nakamura Y, Takano T 1996.** A placebo-controlled study of the effect of sour milk on blood pressure in hypertensive subjects. *Am J Clin Nutr* 64:767–771
 153. **Hayakawa K, Mizutani J, Wade K, Masai T, Yoshihara I, Mitsuoka T 1990.** Effects of soybean oligosaccharides on human fecal flora. *Micro Cool Health Dis* 3:293-303
 154. **Hidaka H, Eida T, Takizawa T, Tokunaga T, Castro Y 1986.** Effects of fructooligosaccharides on intestinal flora and human health. *Bifidobacteria Micro-flora* 5(1):37-50
 155. **Hidaka H, Tashiro Y, Eida T 1991.** Proliferation of *bifidobacteria* by oligosaccharides and their useful effect on human health. *Bifidobacteria Microflora* 10:65-79
-

156. **Hidaka H, Tashiro Y, Eida T 1991.** Proliferation of *bifidobacteria* by oligosaccharides and their useful effect on human health. *Bifidobacteria Microflora* 10:65-79
157. **Higgins PD, Johanson JF 2004.** Epidemiology of constipation in North America:A systematic revie. *American Journal of Gastroenterology* 99 (4):750-9
158. **Hill JV 1988.** A report on: The effect of intestinal microflora upon preneoplasatic events in the colon. University of Toronto, Toronto, Ontario, Canada.
159. **Hill R 1978.** Fructose polymers and method of preparation, U.S. patent 2834694.
160. **Hitchins AD, McDonough FE 1989.** Prophylactic and therapeutic aspects of fermented milk. *Am J Clin Nutr* 49:675-684
161. **Hoebregs H 1997.** Fructans in foods and food products, ion exchange chromatographic method: collaborative study. *J AOAC Int* 80(5):1029-1037
162. **Holdeman LV, Moore WEC 1977.** Anaerobe Lab Manual. 4th ed. Blackburg, VA: Virginia Polytechnic Institute and State University
163. **Homme CL, Peschet JL, Puigserver-A, Biagini A 2001.** Evaluation of fructans in various fresh and stewed fruits by high-performance anion-exchange chromatography with pulsed amperometric detection *Journal of Chromatography A* 90(1-2):291-297.
164. **Homme CL, Puigserver A, Biagini A 2003.** Effect of food-processing on the degradation of fructooligosaccharides in fruit. *Food Chemistry* 82(4):533-537
165. **Hopkins MJ, Cummings JH, MacFarlane GT 1997.** Effect of oligosaccharide metabolism on *Clostridium difficile* and *bifidobacterial* populations in healthy and antibiotic-degraded faecal cultures. *Proc. of the International Symp. 'Non-digestible oligosaccharides: healthy food for the colon, Wageningen. The Netherlands Dec. 4-5*

166. Hopkins MJ, Sharp R, Macfarlane GT 2001. Age and disease related changes in intestinal bacterial populations assessed by cell Culture, 16S rRNA abundance and community cellular fatty acid profiles . Gut 48:198-205
167. Hughes DB, Hoover DG 1991. *Bifidobacteria*: Their potential for use in American dairy products. Food Tech Apr, 74-83
168. Hunter JO, Tuffnell Q, Lee AJ 2001. Controlled trial of oligofructose in the management of irritable bowel syndrome. J Nutr 129:14515-14535
169. Husebye E, Hellström PM, Sundler F, Chen J, Midtvedt T 2001. Influence of microbial species on small intestinal myoelectric activity and transit in germ-free rats. Am J Physiol Gastrointest Liver Physiol 280:G368-G380
170. I.S.I. 1976. Guide for Selection and Training of Panel for Sensory Evaluation of Foods and Beverage, Bureau of Indian Standards, New Delhi. IS:8440
171. I.S.I 1982. Handbook of food analysis part VI. Protein: Kjeldahl digestion method. pp 65
172. Indian Council of Agriculture Research (ICAR) 2006. Handbook of Agriculture. 5th ed, Directorate of Information and Publications of Agriculture, New Delhi
173. International Life Sciences Institute - (ILSI) 2009. India Guidelines and Criteria for Evaluation of Efficacy, Safety And Health Claim of Probiotic in Food Products in India
174. Jackson KG, Taylor GRJ, Clohessy AM, Williams CM 1999. The effect of a daily ingestion of inulin on fasting lipid, insulin and glucose concentrations in middle aged men and women. Br J of Nutr 82:23-30
175. Jangchaimonta S 2006. Formulation of wheat flour and resistant starch mix for bakery products, Bankok, Faculty of Graduate Studies, Mahidol University
176. Jelliffe, DB 1996. The assessment of the nutritional status of community, Geneva WHO Monograph No. 53

177. Jenkins DJ, Vuskan V, Kendall CW, Wursch P, Jeffcoat R, Waring S, Mehling CC, Vidgen E, Augustin LS, Wong E 1998. Physiological effects of resistant starches on fecal bulk, short chain fatty acid, blood lipids and glycemic index. J Am Coll Nutr 17:609-616
178. Jenkins DJA, Kendall CWC, Vuksan V 1999. Inulin, oligofructose and intestinal function. J Nutr 129:14315-14335
179. JNC-VII 2003. The seventh report of U.S. Joint National Committee on detection, evaluation and management of hypertension: The full text. South Asian J Prev Cardiol 7:15-110
180. Joanne L, Salvin, David Jacobas, Len Marquart 2000. Grain Processing and Nutrition. Critical Reviews in Food Science and Nutrition 40(4):309-326
181. Kageyama T, Tomoda T, Nakano Y 1984. The effect of *Bifidobacterium* administration in patients with leukemia. Bald Micro 3(1):29-33
182. Kaila M, Isolauri E, Soppi E, Virtanen E, Laine S, Arvilommi H 1992. Enhancement of the circulating antibody secreting cell response in human diarrhea by a human Lactobacillus strain. Pediatr Res 32:141-4
183. Kanbe M 1988. Lactic acid bacteria as physiologically functional food. New Food Ind 30(1):77-87
184. Kaplan H, Hutchins RW 2000. Fermentation of fructooligosaccharides by lactic acid bacteria and lactobacilli. Appl Environ Microbial 66(6): 2682-2684
185. Kawase M 2000. Effect of administration of fermented milk containing whey protein concentrate to rats and healthy men on serum lipids and blood pressure. J Dairy Sci 83: 255-62
186. Kelly-Quagliana KA, Buddington RK, Van Loo J, Nelson PD 1998. Immunomodulation by oligofructose and inulin. Proc. Nutritional and Health Benefits of Inulin and Oligofructose, NIH, Bethesda, pp 53
187. Kim M, Shin HK 1996. The water-soluble extract of chicory reduces glucose uptake from the perfused jejunum in rats. J Full 126:2236-2242

188. **Kim M, Shin HK 1998.** The water - soluble extract of chicory influences serum and liver lipid concentrations, cecal short-chain fatty acid concentrations and fecal lipid excretion in rats. *J Nutr* 128:1731-36
189. **King H, Aubert RE, Herman WH 1998.** Global burden of diabetes 1995-2025: Prevalance, numerical estimates and projection. *Diabetes Care* 21:1414-1431
190. **Kitler ME, Luginbuhl M, Lang O, Wuhl F, Wyss A, Lebek G 1992.** *Lactitol* and lactulose. An in vivo and in vitro comparison of their effects on the human intestinal flora. *Drug Invest* 4:73-82
191. **Kleeman EG, Klaenhammer TR 1982.** Adherence of *Lactobacillus* species to human fetal intestinal cells. *J Dairy Sci* 65:2063-2069
192. **Kleessen B, Hartman L, Blaut M 2001.** Oligofructose and long chain inulin influence the gut microbial ecology of rats associated with a human faecal flora. *Br J Nutr* 86:291-300
193. **Kleessen B, Sykura B, Zunft HJ, Blaut M 1997.** Effects of inulin and lactose on fecal microflora, microbial activity, and bowel habit in elderly constipated persons. *Am J Clin Nutr* 65:1397-1402
194. **Koizumi T, Nituya N, Mukuta T, Fujita S, Ishiai H, Yoshioka H 1980.** Effects of administration of *Bifidobacterium* preparation (BBG-02) on hepatic coma. *Sogo Risho (Total Clinics)* 29:2473-78
195. **Kok N, Roberfroid M, Delzenne N 1996 a.** Dietary oligofructose modifies the impact of fructose on hepatic triacylglycerol metabolism. *Metab* 45:1547-1550
196. **Kok N, Roberfroid M, Delzenne N 1996 b.** Involvement of lipogenesis in the lower VLDL secretion induced by oligofructose in rats. *Br J Nutr* 76:881-890
197. **Kok N, Roberfroid M, Delzenne N 1996 c.** Dietary oligofructose modifies the impact of fructose on hepatic triacylglycerol metabolism. *Metabolism* 45:1547-1550

198. **Kok N, Taper HS, Delzenne NM 1998.** Oligofructose modulates lipid metabolism alterations induced by a fat-rich diet in rats. *J Appl Tox* 18:47-53
 199. **Koo M, Rao AV 1991.** Long-term effect of *Bifidobacteria* and neosugar on precursor lesions of colonic cancer in CFI mice. *Nuts: Cancer* 16:249-257
 200. **Korus J, Grezelak K, Achremowicz K, Sabat R 2006.** Influence of Prebitic Additions on the Quality of Gluten- free Bread and on th Content of Inulin and Fructooligosaccharides. *Food Sci Tech Int* 12(6):489-495
 201. **Kruse HP, Kleessen B, Blaut M 1999.** Effects inulin on fecal *bifidobacteria* in human subjects. *Br J Nutr* 82:375-382
 202. **Kurup P 1979.** Handbook of Medicinal Plants. Delhi, Central Council for Research in Ayurveda and Siddha.
 203. **Kwok T, Hui M, Kwan, Chan V 2004.** Association between functional dental state and dietary intake of Chinese vegetarian old age home residents. *Gerontology* 21:161-166
 204. **Lairon D, Arnault N, Bertrais S, Planells R, Clero E, Hercberg S, Boutron RMC 2005.** Dietary Fiber Intake and Risk Factors for Cardiovascular Disease in French Adults. *Am J Clin Nutr* 82:1185-1194
 205. **Leelavathi K, Haridas Rao P 1983.** Development of high fiber biscuits using wheat bran. *J Food Sci Technol* 30:187-192
 206. **Lessin WJ, Catigani GL, Schwartz SJ 1997.** Quantification of cis-trans isomers of provitamin A carotenoids in fresh and processed fruits and vegetables. *J Agric Food Chem* 45:3728–3732
 207. **Levart MA, Favier ML, Moundras C, Remesy C, Demigne C, Morand C 1994.** Role of dietary propionic acid and bile acid excretion in the hypocholesterolemic effects of oligosaccharides in rats. *J Nutr* 124:531-538
 208. **Levrat MA, Remesy C, Demigne C 1991.** High propionic acid fermentations and mineral accumulation in the cecum of rats adapted to different levels of inulin. *J Nutr* 121:1730-1737
-

209. **Levrat MA, Remesy C, Demigne C** 1993. Influence of inulin on urea and ammonia nitrogen fluxes in the rat cecum: consequences on nitrogen excretion. *J Nutr Biochem* June, 4:1-6
210. **Ley RE, Turnbaugh PJ, Klein S, Gordon JI** 2006. Microbial ecology: human gut microbes associated with obesity. *Nature* 444:1022-1023
211. **Lidbeck A, Nord CE, Gutafsson JA, Rafter J** 1992. *Lactobacilli*, anticarcinogenic activities and human intestinal microflora. *Eur J Cancer Prev* 1:341-353
212. **Lin SY, Ayres JW, Winkler W, Sandine WE** 1989. *Lactobacillus* effects on cholesterol: In vitro and in vivo results. *J Dairy Sc* 72:2885-2899
213. **Ling WH, Hanninen O, Mykkanen H, Heikura M, Salminen S, Wright AV** 1992. Colonization and fecal enzyme activities after oral Lactobacillus GG administration in elderly nursing home residents. *Ann Nutr Metab* 36:162-166
214. **Ljungh A, Wadstrom T** 2006. *Lactic acid* bacteria as probiotics. *Curr Issues Intest Microbiol* 7:73Y89
215. **Lobo AR, Colli C, Filisetti TMCC** 2006. Fructooligosaccharides improve bone mass and biomechanical properties in rats. *Nutr Res* 26:413-420
216. **Lohman TG, Roche AF, Martorel R** 1988. Anthropometric standardization reference manual. Chicago, IL: Human Kinetics
217. **Lopaz HW, Levrat MA, Coudray C, Besson C, Krespine V, Messager A, Demigne C, Remsey C** 2001. Class 2 resistant starches lower plasma and liver lipids and improve mineral retention in rats. *J Nutr* 131:1283-1289
218. **Lopez HW, Courdray C, Ballanger J, Younes H, Demigne C, Rimbsy C** 1998. Intestinal fermentation lessens the inhibitory effects of phytic acid on mineral utilization in rats. *J Nutr* 128:1192-1198
219. **Marchetti G** 1993 . Inulin and falcons. *Industrys Alimentary* 32:945-949

220. Marx SP, Winkler S, Hartmeier W 2000. Metabolisation of β -(2,6) linked fructose- oligosaccharides by different *bifidobacteria*. FEMS Microbial Lett 182:163-169
221. Massey LK 1984. Effect of chancing milk and yogurt consumption on human nutrient intake and serum lipoproteins. J Dairy Sci 67: 255-262
222. Mazur A, Ramify C, Gueux E, Levrat A, Demigne C 1990. Effects of diets rich in fermentable carbohydrates on plasma lipoprotein levels and on lipoprotein catabolism in rats. J Nutr 120:1037-1045
223. Mcfarland 2006. Meta -analysis of probiotics for the prevention of antibiotic associated diarrhea and the treatment of Clostridium difficile disease. Am J Gastroenterol 101:812-822
224. McKellar RC, Modler MW, Mullin J 1993. Characterization of growth and inulinase production by *Bifidobacteria* spp. on fructoligosaccharides. Bide Micro 12(2):75-86
225. Mehta AM, Patel KA, Dave PJ 1983. Isolation and purification of an inhibitory protein from *Lactobacillus acidophilus*. Microbios 37:37-43
226. Menne E, Guggenbuhl N, Roberfroid M 2000. Fn-type Chicory inulin hydrolysate has aprebiotic effect in humans. J Nutr 130:1197-1199
227. Meydani SN, Ha WK 2000. Immunologic effects of yogurt. Am J Clin Nutr 71:861–872
228. Miller CR 1989. *Bifidobacteria* in clinical microbiology and medicine. In Beskorovainy, A. & Miller-Catchpole, R., ads. Biochemistry and Physiology of *Bifidobacteria*. Boca, FL: CRC Press, 177-197
229. Mitsuoka T 1982. Recent trends in research on intestinal flora. Befit Micro 1(1):3-24
230. Mitsuoka T 1990 a. Health and intestinal microflora. New Food Ind 32(10):1

231. **Mitsuoka T** 1990b. *Bifidobacteria* and their role in human health. J of Induct Micro 6:263-268
232. **Mitsuoka T, Hidaka, H, Eida T** 1987. Effect of fructo-oligosaccharides on intestinal microflora. Die Nahrung 31(5-6):427-36
233. **Modler HW, McKellar RC, Yaguchi M** 1990. *Bifidobacteria* and bifidogenic factors- review. J of Food Sci Technol 23:29-41
234. **Molis C, Flourie B, Ouarne F, Failing MF, Lartigue S, Guibert A, Bornet F, Galmiche JP** 1996. Digestion, excretion, and energy value of fructooligosaccharides in healthy humans. Am J Clin Nutr 64:324-328
235. **Monichaoodapa C** 2002. Epidemiology and burden of type 2 diabetes mellitus. In type 2diabetes: the Indian scenario. Ed. Jayaram BM. Microlabs Limites, Bangalore India. pp 13-23
236. **Mortensen A, Poulsen M, Farndsen H** 2002. Effect of a long chained fructan Raftiline HP on blood lipids and spontaneous atherosclerosis in low density receptor knockout mice. Nutr Res 22:473-480
237. **Moshfegh AJ, Friday JE, Goldman JP, Ahuja JKC** 1999. Presence of inulin and oligofructose in the diets of Americans. J Nutr 129:14075-14115
238. **Mutai M, Tanaka R** 1987. Ecology of *Bifidobacterium* in the human intestinal flora. Bifid Micro 6:33-41
239. **Nakamura Y, Yamamoto N, Sakal K, Takano T** 1995. Antihypertensive effect of sour milk and peptides isolated from it that are inhibitors to angiotensin-1-converting enzyme. J Dairy Sci 78:1253-1257
240. **Natrajan VS** 1991. Nutrition in health and disease in the elderly. Project report by Department of Geriatric Medicine, Govt. General Hospital, Chennai
241. **Niedzielin K, Kordecki H** 1996. Therapeutical usefulness of "Pro-Viva" solution in the treatment of irritable bowel syndrome and hemorrhoids. Presented at the Symposium of Gastroenterology 179-185

242. **Niedzielin K, Kordecki H, Birkenfeld B 2001.** A controlled, double-blind, randomised study on the efficacy of Lactobacillus plantarum 299v in patients with irritable bowel syndrome. *Eur J Gastroenter Hepatol* (pg no. & volume).
243. **Nilson U, Oste R, Jagerstad M, Birkhed D 1988.** Cereals fructans: in vitro studies on availability in rats and humans. *J Nutr* 118:1325
244. **Nilsson N, Belfrage P 1978.** Effects of acetate, acetaldehyde, and ethanol on lipolysis in isolated rat adipocytes. *J Lipid Res* 19:737-741
245. **Nilsson U, Björck I 1988 a.** Availability of cereal fructans and inulin in the rat intestinal tract. *Carbohydrate and Fiber* 1482-1486
246. **Nilsson U, Oste R, Jagerstad M, Birkhed D 1988 b.** Cereal Fructans: In vitro and in vivo studies on availability in rats and humans. *J Nutr* 118:1325-1330
247. **Niness KR 1999.** Inulin and oligofructose: What are they? *J Nutr* 129:14025-14065
248. **Nishina P, Freeland R 1990.** Effects of propionate on lipid biosynthesis in isolated rat hepatocytes. *J Nutr* 120:668-6673
249. **Nyman M, Pålsson KE, Asp NG 1987.** Effects of processing on dietary fibre in vegetables: *Lebensm Wiss u Technol* 20:29-36
250. **Ohta A, Baba S, Ohtsuki M, Takizawa T, Adachi T, Hara H 1997.** In vivo absorption of calcium carbonate and magnesium oxide from the large intestine in rats, *J Nutr Sci Vitaminol* 43:35-46
251. **Ohta A, Baba S, Takizawa T, Adachi T 1994 a.** Effects of fructooligosaccharides on the absorption of magnesium in the magnesium-deficient rat model. *J Nutr Sci Vitaminol* 40:171-180
252. **Ohta A, Ohtsuki M, Baba S, Adachi T, Sakata T, Sakaguchi E 1995 b.** Calcium and magnesium absorption from the colon and rectum are increased in rats fed fructooligosaccharides. *J Nutr* 125:2417-2424

253. **Ohta A, Ohtsuki M, Baba S, Takizawa T, Adachi T, Kimura S** 1995 a. Effects of fructooligosaccharides on the absorption of iron, calcium and magnesium in iron-deficient anemic rats. *J Nutr Sci Vitaminol* 41:281-291
254. **Ohta A, Ohtsuki M, Uehara M, Hosono A, Hirayama M, Adachi T, Hara H** 1998. Dietary fructooligosaccharides prevent postgastrectomy anemia and osteopenia in rats. *J Nutr* 128:485-90
255. **Oku T, Tokunaga T, Hosoya N** 1984. Non-digestibility of a new sweetener, "Neosugar," in the rat. *J Nutr* 114:1574-1581
256. **Parchure AA, Kulkarni PR** 1997. Effect of food processing treatments on generation of resistant starch. *Int J of Food Sci Nutr* 48:257-260
257. **Pasricha S, Rebello LM** 1998. Some Common Indian recipes and their nutritive value, National Institute of Nutrition, Hyderabad. (Eds) ICMR offset press, New Delhi
258. **Pathmakanthan S, Meance S, Edwards CA** 2000. Probiotics:A review of human studies to date and methodological approaches. *Microbial Ecology Health and Disease* 12 Suppl(2):10-30
259. **Patrice D, Cani, Nathalie M, Delzenne** 2009. The Role of the Gut Microbiota in Energy Metabolism and Metabolic Disease *Current Pharmaceutical Design* 15:1546-1558
260. **Pedersen A, Sandstrom B, Van Amelsvoort JMM** 1997. The effect of ingestion of inulin on blood lipids and gastrointestinal symptoms in healthy females. *Br J Nutr* 78:215-222
261. **Perdigon G, Alvarez S, Rachid M, Aguero G, Gobbato N** 1995. Symposium: Probiotic bacteria for humans: Clinical systems for evaluation of effectiveness. *J Dairy Sci* 78:1597-606
262. **Perman JA** 1989. Gastrointestinal flora: developmental aspects and effects of nutrients. In Leventhal E, Human Gastrointestinal Development. New York: Raven Press, 777-786

263. **Piche T, Des Varannes SB, Sacher HS, Holst JJ, Cuber JC, Galmich JP 2003.** Colonic Fermentation Influences Lower Esophageal Sprincter. *Gastroenterology* 124: 894-902
264. **Pilar R 1998.** Oligosaccharides in raw and processed legumes. *Zeitschrift fÃ¼r Lebensmitteluntersuchung und -Forschung A* 206(2):130-133
265. **Pochart P, Manean P, Bouhnik Y, Goderel I, Bourlioux P, Rambaud JC 1992.** Survival of *bifidobacteria* ingested via fermented milk during their passage through the human small intestine: an in vivo study using intestinal perfusion. *Am J Clin Nuts* 55:78-80
266. **Potter J 2003.** Bowel care in older people. *Clinical Medicine (3)*:48-51
267. **Probert HM, Gibson GR 2002.** Investigating the prebiotic and gas generating effects of selected carbohydrates on the human colonic microflora. *Lett Appl Microbio* 35:473-480
268. **Prosky L, Hoebregs H 1995.** Methods to determine food inulin and oligofructose. *J Nutr* 129:14185-14235
269. **Punna R, Paruchuri U 2006.** Total insoluble and soluble dietary fiber contents of roots, tubers, vegetables, oilseed, spices and condiments. *J Food Science Technol* 43(4):399-403
270. **Rafter J, Bennett M, Caderni G 2007.** Dietary synbiotics reduce cancer risk factors in polypectomized and colon cancer patients. *Am J Clin Nutr* 85:488-496
271. **Rahmouni K, Correia MLG, Haynes WG, Mark AL 2005.** Obesity-Associated Hypertension: New Insights into Mechanisms. *Hypertens* 45:9-14
272. **Rajala SA, Salminen SJ, Seppanen JH, Vapaatalo H 1988.** Treatment of chronic constipation with guar gum and wheat bran in elderly hospital in – patients. *Comprehensive Gerontology* 2:83-86

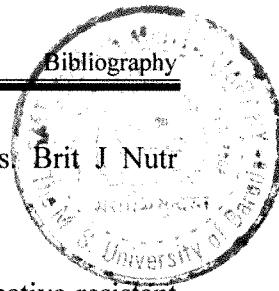
273. **Ramona R, Robinson MS, Joellen F, Joanne L 2001.** RD Department of Food Science & Nutrition, University of Minnesota, St. Paul, Minnesota. J of Am Coll of Nutr 20(4): 279-285
274. **Ramulu P, Udayashkara Roa P 1997.** Effect of processing on dietary fiber content of cereals and pulses. Plant Foods for Human Nutrition 50:249-257
275. **Ranganna S 1986.** Handbook of Analysis and Quality Control for Fruits and Vegetables Products. Tata Mc Graw- Hill Publishers, New Delhi.
276. **Ranhotra GS, Gelroth JA, Glaser BK 1993.** The role of dairy foods containing *bifido* - and *acidophilus* bacteria in nutrition and health? N Cur Dairy J 48:80
277. **Rao AV 1999.** Dose-response effects of inulin and oligofructose on intestinal bifidogenesis effects. Journal of Nutrition 129:1442S–1445S
278. **Rao BM, Dastur NN 1955.** Hydrogen ion concentration- pH in dairy industry. Indian Dairyman 7:185-187
279. **Rao VA 2001.** The prebiotic properties of oligofructose at low intake levels. Nutr Res 6:843-848
280. **Rasic JLJ, Vujicic IF, Skrinjar M, Vulic M 1992.** Assimilation of cholesterol by some cultures of lactic acid bacteria and *bifidobacteria*. Biotechnology Letters 14:39-44
281. **Rault Naina MH, Gueux E, Demougeot C, Demigne C, Rock E, Mazur A 2006.** Inulin attenuates atherosclerosis in apolipoprotein E deficient mice. Br J Nutr 96:840-844
282. **Reddy BS, Rivenson A 1993.** Inhibitory effect of *Bifidobacterium longum* on colon, mammary, and liver carcinogenesis induced by z-amino-3-methylimidazol4,squinaline, a food mutagen. Cancer Res 53:3914-18
283. **Remesy C, Behr SR, Levrat MA, Demigne C 1992 a.** Fiber fermentation in the cecum and its physiological consequences. Nutr Res 12:1235-1244

284. **Remesy C, Demigne C, Moran C 1992 b.** Metabolism and utilization of short-chain fatty acids produced by colonic fermentation, Dietary Fiber - A Component food Nutritional Function in Health and Disease. London, UK: Springer 137-150
285. **Richelsen B, Kristensen K, Pedersen SB 1996.** Long-term (6 months) effect of a new fermented milk product on the level of plasma lipoproteins - a placebo controlled and double-blind study. Eur J Clin Nutr 50:811-815
286. **Robbinston CH, Marilyn RL, Wanda LC 1988.** Hyperlipidemia and Atherosclerosis. Normal and Therapeutic Nutrition. MAC Willan New York Press pp. 866
287. **Roberfroid M 1997.** Health benefits of non-digestible oligosaccharides. In Dietary Fiber in Health and Disease [D Kritchevsky and C Bonfield, editors]. New York: Plenum Press pp 211-219
288. **Roberfroid M, Gibson GR, Delzenne N 1993.** The biochemistry of oligofructose, a nondigestible fiber: An approach to calculate its caloric value. Nutr Rev 51:137-146
289. **Roberfroid MB 1993.** Dietary fiber, inulin, and oligofructose: A review comparing their physiological effects. Crit Rev Food Sci Nutr 33(2):103-148
290. **Roberfroid MB 1999.** Caloric value of inulin and oligofructose. J Nutr 129:14365-14375
291. **Roberfroid MB 2000.** Prebiotics and Probiotics: are they functional foods: Am J of Cli nutr 71(6):S1682-S1687
292. **Roberfroid MB 2002.** Functional foods: concepts and application to inulin and oligofructose. Br J Nutr 87 S(2):139-43
293. **Roberfroid MB, Delzenne NM 1993.** Nutritional properties of inulin Proc. Fourth Seminar on inulin, Wageningen. The Netherlands 67-78
294. **Roberfroid MB, Delzenne NM 1998.** Dietary fructans. Annu Rev Nutr. 18:117-143

295. **Roberfroid MB, Salvin J 2002.** Nondigestible oligosaccharides:Critical Review in Food Science and Nutrition 40:461-480
296. **Roberfroid MB, Slavin J 2000.** Nondigestible oligosaccharides. Crit Rev Food Sci Nutr 40:461–80
297. **Roberfroid MB 2005.** Inulin: A fructan, in Inulin-type fructans –functional food ingredients, Roberfroid, M.Ed.,CRC Series in Modern nutrition, CRC Press, Boca Raton, FL, pp 39-60
298. **Roberfroid MB, Van Loo JAE, Gibson GR 1998.** The bifidogenic nature of chicory inulin and its hydrolysis products. J Nutr 128:11-19
299. **Robinson, Lawler, Chemoneth, Garwich 1986.** Normal and therapeutic nutrition. 7th ed. Macmillan Publishing Company, Inc
300. **Rodríguez Galdón, Tascón C, Rodríguez, Rodríguez EM, Díaz Romero C 2009.** Fructans and major compounds in onion cultivars (*Allium cepa*). Journal of Food Composition and Analysis. 22(1):25-32
301. **Roediger WEW 1980.** Role of anaerobic bacteria in the metabolic welfare of the colonic mucosa of man. Gut 21:793-798
302. **Roland N, Nugon-Baudon L, Andrieux C, Split O 1995.** Comparative study of the fermentative characteristics of inulin and different types of fibre in rats inoculated with a human while faecal flora. Br J Nutr 74:239-49
303. **Roller M, Rechkemmer G, Watzl B 2004.** Prebiotic inulin-enriched with oligofructose in combination with the probiotics *Lactobacillus rhamnosus* and *Bifidobacterium lactis* modulate intestinal immune functions in rats. J Nutr 134:153-156
304. **Romond MB, Romond C 1987.** Les Bifidobacterium. Leur ecologie et leur importance en sainte humaine. Med Chir Dia 16:2-5
305. **Rowland IR 1988.** Factors affecting meatbolic activity of intestinal microflora, Drug Meta Review 19:243-261

306. **Rowland IR 1988.** Interactions of the gut microflora and the host in toxicology. *Toxicol Pathol* 16:147–53
307. **Rowland IR 1995.** Toxicology of the colon: Role of the intestinal microflora. In Gibson G.R., and McFarlane, G.T., eds. *Human Colonic Bacteria: Role in Nutrition, Physiology and Pathology*. Boca Raton Fl: CRC Press 155-17
308. **Rowland IR, Rumney CJ, Couitts JT, Lievense LC 1998.** Effect of *Bifidobacterium longum* and inulin on gut bacterial metabolism and carcinogen-induced aberrant-crypt foci in rats. *Carcinogenesis* 19:281-285
309. **Rowland IR, Tanaka R 1993.** The effect of transgalactosylated oligosaccharide on gut flora metabolism in rats associated with a human fecal microflora. *J Appl Bacteriol* 74:667-674
310. **Rumessen J 1992.** Fructose and related food carbohydrates. *Scand J Gastroenterol* 27:819
311. **Rumessen JJ, Bode S, Hamberg O, Gudmand-Hoyer E 1990.** Fructans of Jerusalem Artichoke: Intestinal transport, absorption, fermentation and influence on blood glucose, insulin and C-peptide response in healthy subjects. *Am J Clin Nutr* 52:675-682
312. **Rumessen JJ, Gudmand-Hoyer E 1998.** Fructans of chicory: intestinal transport and fermentation of different chain lengths and relation to fructose and sorbitol malabsorption. *Am J Clin Nutr* 68:357-364
313. **Rumney C, Rowland IR 1995.** Non-digestible oligosaccharides-potential anti-cancer agents? *BNF Nutr Bulln Sept* 20:194-203
314. **Saggioro A 2004.** Probiotics in the treatment of irritable bowel syndrome. *J Clin Gast* 38:S104-S106
315. **Saito Y, Takano T, Rowland I 1992.** Effects of soybean oligosaccharides on the human gut microflora in in vitro culture. *Micr Ecol Health Dis* 5:105-110
316. **Salminen S et al 1998.** Functional food science and gastrointestinal physiology and function. *Br J of Nutr* 80:S147-S171

317. Salminen S, Bouley C, Boutron-Ruault MC, Cummings JH, Franck A, Gibson GR, Isolauri E, Moreau MC, Roberfroid M, Rowland I 1998. Functional food science and gastrointestinal physiology and function. Br J Nutr Suppl (1):S147-71
318. Salminen S, Deighton M, Gorbach G 1993 a. Lactic acid bacteria In health and disease. In Salminen, S., & von Wright, A., eds. Lactic Acid Bacteria, 7th ed. New York: Marcel Defer. Inc, 199-225
319. Salminen S, Deighton M, Gorbach G 1993 b. Substrates and lactic acid bacteria. In Salminen, S., & von Wright, A., eds. Lactic Acid Bacteria, 7th ed. New York: Marcel Dekker. Inc, 295-306
320. Scardovi V 1986. *Bifidobacterium*. 9th ed. Baltimore, haD: Williams and Wilkins Publishers (2) 1418
321. Schaafsma G, Meuling WJ, Van Dokkum W, Bouley C 1998. Effects of a milk product, fermented by *Lactobacillus acidophilus* and with fructooligosaccharides added, on blood lipids in male volunteers. J Clin Nutr 52:436-40
322. Schafer E, Lutz T 1990. Effects of short-chain fatty acids and K on absorption of Mg and other cations by the colon and caecum. Z Ernährungswiss 29:162-68
323. Scheppach W 1994. Effects of short chain fatty acids on gut morphology and function. Gut Suppl (1):535-538
324. Scheppach W, Bartram HP, Richter F 1997. Histological changes in the colonic mucosa following irrigation with short chain fatty acids. Eur J Gastroenterology Hepatol 9:163-168
325. Scheppach W, Luerhrs H, Menzel T 2001. Beneficial health effects of low digestable carbohydrate consumption. Br J Nutr 85, Supp (1):S23-30
326. Scholz-Ahrens KE, AOil Y, Schrezenmeir J 2002. Effect of oligofructose or dietary calcium on repeated calcium and phosphorus balances, bone



- mineralization and trabecular structure in ovariectomized rats. *Brit J Nutr* 88:365-377
327. **Schulz AGM, Amelsvoorq JMM, Beaten AC 1993.** Dietary native resistant starch but not retrograded resistant starch raises magnesium and calcium absorption in rats. *J Nutr* 123:1724-1731
328. **Sheih YH, Chiang BL, Wang LH et al 2001.** Systemic immunity-enhancing effects in healthy subjects following dietary consumption of the lactic acid bacterium *Lactobacillus rhamnosus HN001*. *J Am Coll Nutr* 20:149–56
329. **Shepherd J, Rosella A, Rose R, Jacqueline S Barrett, Peter Gibson R 2007.** Fructan and Free Fructose Content of Common Australian Vegetables and Fruit. *J Agric Food Chem* 55(16):6619-6627
330. **Sheth M, Parnami S, Bumra 2007.** Consumption pattern of prebiotic and probiotic foods and determining the related gut microflora of young adult female population (18-24 yrs) of urban Baroda. *Asian journal of Home science* (June and Dec) 2:20-24
331. **Siddeshwar S, Kondal Reddy K, Rao T, Arun K, Reddy PVM 2008.** Screening and Estimation of Pre-biotic Oligosaccharides in Fruits and Vegetables *Current Trends in Biotechnology and Pharmacy*. 2(1):183-191
332. **Silva RF 1996.** Use of inulin as a natural texture modifier. *Cereal Food World* 41:1-8
333. **Sloan E 1999.** The top ten up-and-coming nutraceutical markets, *Nutraceuticals World. Pathways to the impairment of human nutritional status by gastrointestinal pathogens*. *Parasitology* 107:519-535
334. **Spiegel J, Rose R, Karabell P, Frankos V, Schmitt D 1994.** Safety and Benefits of fructooligosaccharides as food ingredients. *Food Technol* 48(1):85-89
335. **Stark PL, Lee A 1982.** The microbial ecology of the large bowel of breast-fed and formula-fed infants during the first year of life. *Journal of Medical Microbiology* 15:189

336. **Stonge MP, Farnworth ER, Jones PJ 2000.** Consumption of fermented and non fermented dairy products: effects on cholesterol and metabolism. Am J Clin Nutr 71:674-681
337. **Streppel MT, Arends LR, Vant Veer P, Grobbee DE, Geleijnse JM 2005.** Dietary Fiber and Blood Pressure: A Meta-Analysis of Randomized Placebo-Controlled Trials. Arch Intern Med 165:150-156
338. **Sugatani J, Wada T, Osabe M, Yamakawa K, Yoshinari K, Miwa M 2006.** Dietary inulin alleviates hepatic steatosis and xenobiotics induced liver injury in rats fed a high fat and high sucrose diet: association with the suppression of hepatic cytochrome P450 and hepatocyte nuclear factor 4alpha expression. Drug Metab Dispos 34:1677-1687
339. **Suk SH, Sacco RL, Boden Albala B, Cheun JF, Pittman JG, Elikind MS, Paik MC 2003.** Abdominal obesity and risk of ischemic stroke: the Northern Manhattan Stroke Study, Stroke 34:1586-92
340. **Svanberg M, Nyman EMGL, Andersson R, Nilsson T 1997.** Effects of boiling and storage on dietary fibre and digestible carbohydrates in various cultivars of carrots. Journal of Science Food and Agriculture 73:245-254
341. **Tally NJ, Jones M, Nuyts G, Dubosis D 2003.** Risk Factors for chronic constipation based on a general practice sample. American Journal of Gastroenterology 98:1107-11
342. **Tamime AY, Marshall VM, Robinson RK 1995.** Microbiological and technological aspects of milks fermented by *bifidobacteria*. J Dairy Res 62:151-87
343. **Tanaka R, Takayama H, Morotomi M, Kuroshima T, Ueyama S, Matsumoto K, Kuroda A, Mutai M 1983.** Effects of administration of TOS and *Bifidobacterium breve* 4006 on the human fecal flora. Bill Micro 2:17-24
344. **Tannock GW 1990.** The microecology of lactobacilli inhabiting the gastrointestinal tract. In Marshall, K.E, Advances in Microbial Ecology 11. Plenum Publishing 147-171

345. **Terry H, Rupnow J, Boeckner L, Schnepf M 1999.** Influence of long and short chained inulin on the firmness and sclerosis of nonfat yogurt. IFT Annual Meeting Technical Program. Abstracts 658-23, 178
346. **Tokunaga T, Oku T, Hosoya N 1986.** Influence of chronic intake of new sweetner Fructooligosaccharide (neosugar) on growth and gastrointestinal function of the rat. *J Nutr Sci Vitaminol (Tokyo)* 32:111-121
347. **TokunagaT, Oku T, Hosoya N 1986.** Influence of chronic intake of new sweetener fructooligosaccharide (Neosugar) on growth and gastrointestinal function of the rat *J Nutr Sci Vitaminol* 32(1):111-121
348. **Tominaga S, Hirayama M, Adachi T, Tokunaga T and Iino H 1999.** Effects of ingested fructooligosaccharides on stool frequency in healthy female volunteers: a placebocontrolled study. *Bioscience microflora* 18(1):49-53
349. **Torregrosa FC, Cortes MJ, Esteve FA 2005.** Effect of high-intensity pulsed electric fields processing and conventional heat treatment on orange–carrot juice carotenoids, *J Agric Food Chem* 53:9519–9525
350. **Tranutwein EA, Forgnert K, Rieckhoff D, Erbersdobler 1999.** Impact of beta cyclodextrin and resistant starch on bile acid metabolism and fecal steroid excretion in regard to their hypolipidemic action in hamsters. *Biochem Biophys Acta* 1437:1-12
351. **Trautwein EA, Rieckhoff AD, Erbersdobler HF 1998.** Dietary inulin lowers plasma cholesterol and triglycerol and alters biliary bile acid profile in hamsters. *J Nutr* 128:1937-1943
352. **Tungland D, Meyer 2002.** Nondigestible oligo- and polysaccharides (dietary fiber): their physiology and role in human health and food b.c. Comprehensive reviews in food science and food safety (I):2-3
353. **Tuohy KM, Kolida S, Lustenberger AM, Gibson GR 2001.** The prebiotic effects of biscuits containing partially hydrolysed guar gum and Fructooligosaccharides. Am human volunteer study. *Br J of Nutr* 86:341-348

354. **Turchet P, Laurenzano M, Auboiron S et al 2003.** Effect of fermented milk containing the probiotic *Lactobacillus casei DN-114001* on winter infections in free-living elderly subjects: a randomized, controlled pilot study. *Journal of Nutrition Health and Aging* 7:75-7
355. **Ullman RJ, Topping D, McIntosh GH, Trimble RP, Storer GB, Taylor M.N, Cheng BQ 1988.** Hypocholesterolaemic effects of dietary propionate: studies in whole animals and perused rat liver. *Ann Nutr Metab* 32:97-107
356. **Van de Water J, Keen CL, Gershwin ME 1999.** The influence of chronic yogurt consumption on immunity. *J Nutr* 129:14925-14955
357. **Van den Heuvel EGHM, Muys T, Van Dokkum W, Schaafsma G 1999.** Oligofructose stimulates calcium absorption in adolescents. *Am J Clin Nutr* 69:544-548
358. **Van Hoeij KA, Green CJ, Pijnen A, Speckmann A, Bindels JG 1997.** In vitro short chain fatty acid and gas production of individual non-digestible oligo-and polysaccharides and a mixture of both, typical of a normal diet. *Proc. International Symposium Non-digestible Oligosaccharides: Healthy Foodfor the Colon*, Wageningen. The Netherlands 130
359. **Van Loo J, Coussemont P, De Leenheer L, Hoebregs H, Smits G 1995.** On the presence of inulin and oligofructose as natural ingredients in the western diet. *Crit Rev Food Sci Nutr* 35(6):525-552
360. **Van Loo J, Cummings J, Delzenne N 1999.** Functional properties of no digestable oligosaccharides: a consensus report from the ENDO project (DG XII-CT94-1095). *Br J Nutr* S1: 121-32
361. **Van Loo J, Cummings J, Delzenne N, Englyst H, Franck A, Hopkins M, Kok N, Macfarlane G, Newton D, Quigley M, Roberfroid M, Van Vliet T, Van den Heuvel E 1999.** Functional food properties of non-digestible oligosaccharides: a consensus report from the ENDO project (DG-I AIRI-CT94-1095). *Br J of Nutr* 81:121-132

362. **Van Poppel G, Schaafsma G 1996.** Cholesterol lowering by a functional yoghurt. Proc of the Food Inbred Europe 31-32
363. **Vanurikhina E, Vanurikhina L, Groushetsky R, Grinenko I, Bobrovnik L, Guliy I. 1997.** Inulin's antimutagenous influence. Proc. International Workshop on Inulin as Medicine do Food Ingredient - Properties and Applications of Inulin. Ukrainian State University of Food Technologies (USUFT), May, Kiev, Ukraine
364. **Vrtanina DL, Zabik ME 1978.** Dietary fiber sources for baked products. Bran in Sugar snap cookies. J Food Sci 43:1590-1594
365. **Walker S, Rimm E, Ascherio A, Kawachi I, Stampfer M, Willett W 1996.** Body size and fat distribution as predictors of stroke among US men. Am J Epidemiol 144:1143-50
366. **Wang X, Gibson GR 1993.** Effects of the in vitro fermentation of oligofructose and inulin by bacteria growing in the human large intestine. J Appl Bact 75:373-380
367. **Waterhouse AL, Chatterton NJ 1993.** Glossary of fructan terms. In: Suzuki M, Chatterton NJ, editors. Science and technology of fructans, Boca Raton, FL: CRC Press pp 2-7
368. **WHO 2004.** Diet, nutrition and the prevention of chronic diseases, Report of a joint WHO/FAO consultation
369. **WHO 2004.** Diet, nutrition and the prevention of chronic diseases: Report of a joint WHO/FAO consultation
370. **Wiedmann M, Jager M 1997.** Synergistic sweeteners. Food Ingredients and Analysis International (Nov- Dec) 54-56
371. **Williams CH, Witherly SA, Buddington RK 1994.** Influence of dietary neosugar on selected bacterial groups of the human fecal microbial. Microbial Ecol. Health Dis 7:91-97

372. **Williams CM, Jackson G 2002.** Inulin and oligofructose: effect on lipid metabolism from human studies. Br J Nutr 87:S261-S264
373. **Williams M, Pehu E, Ragasa C 2006.** Functional foods: opportunities and Challenges for developing countries; Agriculture and rural development notes, the World bank, supplement issue Sep, 19
374. **Wolever T, Spadafora P, Cunnane S, Pencharz P 1995.** Propionate inhibits incorporation of colonic 1,2-¹³C Jacetate into plasma lipids in humans. Am J Clin Nutr 61:1241d47
375. **Woodmansey EJ, McMurdo ME, Macfarlane GT, Macfarlane S 2004.** Comparison of compositions and metabolic activities of fecal microbiotas in young adults and in antibiotic-treated and non-antibiotic-treated elderly subjects. Appl Environ Microbiol 70:6113-6122
376. **World Health Organization (WHO) 2003:** Diet, nutrition and prevention of chronic diseases. A joint WHO/FAO Expert Consultation Report 916.
377. **World Health Organization 2000.** The Asian Pacific Perspective, Redefining Obesity and its Treatment. International diabetes Institute Health Communications, Autria, Pvt Ltd
378. **Wouters E 1998.** The benefits of inulin and oligofructose in ice cream. World of ingredients Sept, 44-45
379. **Wright RS, Anderson JW, Bridges SR 1990.** Propionate inhibits hepatocyte lipid synthesis. Proc Soc Exp Biol Med 195:26-29
380. **Yamashita K, Kawai K, Itakura J 1966.** Effects of fructo-oligosaccharides on blood glucose and serum lipids in diabetic subjects. Nutr Res 4:961-966
381. **Yamazaki S, Machii K, Tsuyuki S, Momose H, KawashimaT, Ueda K 1985.** Immunological responses to monoassociated *Bifidobacterium longum* and their relation to prevention of bacterial invasion. Immunology 56:43–50

382. **Yanahira S, Morita M, Aoe S, Sugiri T, Nakajima I, Deya E 1995.** Effects of lactitololigosaccharides on the intestinal microflora in rats. *J Nutr Sci Vitaminol* 41:83-94
383. **Yesavage J A, Brink TL Rose et al 1983.** Development and validation of a geriatric depression scale: a preliminary report. *Journal of Psychiatric Research* 17:37-49
384. **Ying Chien L, Potty VH 1996.** Coriander (coriander satium) and cumin (*Cuminum cyminum*) as sources of dietary and biominerals. *J Bioscience* (In Press)
385. **Zacconi C, Bottazzi V, Tebecchi A, Bosi E, Sarra PG, Tagliaferri L 1992.** Serum cholesterol levels in axenic mice colonized with *Enterococcus faecium* and *Lactobacillus acidophilus*. *Microbiological* 15:413-7
386. **Zemel MB 2001** Calcium Modulation of Hypertension and Obesity: Mechanism and Implication. *J Am Coll Nutr* 20:428S-435S